

WWCornbread muffins15

Number of Servings: 15 (68.8 g per serving)

Amount	Measure	Ingredient
1 1/3	cup	Cornmeal, yellow, whole grain
2 1/4	cup	Flour, whole wheat, whole grain
5 1/4	tsp	Baking Powder, double acting
4 1/4	Tbs	Sugar
3.00	ea	Eggs, whole, raw, lrg
1 1/3	cup	Milk, 1%, w/add vit A & D
4 1/4	Tbs	Oil, veg, pure

Nutrients per serving

Nutrition Facts			
Serving Size (69g)			
Servings Per Container			
Amount Per Serving			
Calories 160		Calories from Fat 50	
		% Daily Value*	
Total Fat 6g			9%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 45mg			15%
Sodium 220mg			9%
Total Carbohydrate 26g			9%
Dietary Fiber 3g			12%
Sugars 4g			
Protein 5g			
Vitamin A 2%		Vitamin C 0%	
Calcium 6%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Combine dry ingredients in mixer bowl. Blend on low speed, using flat beater.

Combine eggs, milk and oil: add to dry ingredients. Mix on low speed only until dry ingredients are moistened.

Pour into greased baking pan (s) or use # scoop to fill muffin tins. Bake at 350 degrees F for 15 minutes(muffins) to 35 minutes(or less depending on pan size) . Cut into # of pieces to = yield of recipe given above.

Each muffin/piece = 2 grain servings

26 grams CHO = 2 Carb servings